

CHAPTER 8—Dr. Chas E. Myers' Weekly Videos

Index: Recent Snuffy Video....13mar13

Access To Videos: Google "Prostate Forum Myers". Click "Ask Dr. Myers Blog". First time: Register for Free Videos to your Inbox. Note the button at bottom left for "Older Entries" when you reach the bottom of the current roster; repeat for each roster.

Mediterranean Diet: The Larger Picture

Posted March 13, 2013

There is no other diet as thoroughly supported by clinical trials. Dean Ornish's low fat diet is more religion than science. Check Wikipedia. Olive oil and nuts do not cause weight gain and are the basis of a diabetes-healthy, heart-healthy balanced diet. Getting fat is from carbs converted to sugar. Anecdotally, he sees vegan dieters aging faster.

Low Fat Diets Are Deadly

Posted March 6, 2013

NEJM sponsored 7000-man randomized study in Spain. This conclusive result favoring a Mediterranean diet is based on a balance of good fat, protein and carbs. In 25feb issue NEJM makes the complete report available. A low fat diet does not work. This diet is easy to maintain. Your author confirms this experience.